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ABSTRACT

Noting that American children consume a diet with too much fat, cholesterol, sugar, and salt, this book translates scientific knowledge about healthy eating into practical steps for parents. Chapters are: (1) "Fat and Cholesterol," examining the connection between fat intake and disease; (2) "Sugar and Salt," including the connection between sugar and tooth decay and behavioral problems; (3) "The Obesity Epidemic," discussing eating disorders and weight problems; (4) "Bacteria, Additives, and Pesticides," including how to minimize bacterial growth and a description of the 10 riskiest food additives; (5) "Eat Your Veggies...and Other Good Foods," describing the benefits of eating vegetables, fruits, grains, and beans; (6) "How Food Companies Seduce Kids," examining how advertisers target children to influence family purchases; (7) "Television, the Sneaky Salesmachine," focusing on commercials and government regulations; (8) "School Food," covering problems with the National School Lunch Program, junk food in cafeterias, and difficulties in serving nutritious, appealing meals; (9) "Corporations Invade the Classroom," describing effective nutrition programs and indicting food-related corporations and industry associations for providing misleading nutrition information; (10) "Getting Kids to Eat Healthy Foods," focusing on nutrition during the first 2 years and encouraging good eating habits in toddlers and children; and (11) "What You Can Do Outside Your Home," including improving school food and joining groups aimed at improving children's nutrition. Appendices contain the Food Guide Pyramid, Healthy Eating Pyramid, a list of fast food chains, and a list of public action groups. (KDFB)

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